

# **FALCON CROSS COUNTRY**

## **• Contact List •**

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45 Crescent Drive  
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827-4772

**[www.mdusd.k12.ca.us/collegepark/Track](http://www.mdusd.k12.ca.us/collegepark/Track)**

# **FALCON CROSS COUNTRY**

## **Team Handbook**

An Information Resource  
for Parents and Athletes



***The Most Successful Sport in CPHS History***

# FALCON CROSS COUNTRY

## CPHS Boys and Girls Ready to Defend NCS Titles; Eye CIF Berth



How does Falcon Cross Country compete with the best teams in the state year after year? It's simple... People like you join our program. That's it. We have the highest winning percentage of all time at CPHS. If you want to be a part of this success, all we ask is that you make a commitment to our team.

Falcon Cross Country fielded the largest team in the league once again in 2008, including about 30 first time athletes. Why do so many students choose to be a part of our team each year? Here are just a few reasons:

**SATISFACTION:** It feels good! Running Cross Country is a challenge. Pushing beyond your limits, overcoming obstacles provides the most intense human experience. These achievements offer a new perspective, increase self awareness and raise our spirits.

**FRIENDSHIP:** Shared experience is the basis for our strongest relationships. It is no wonder our team feels like a "family". Together you will share amazing experiences that foster lasting friendships. There exists a powerful sense of camaraderie and respect between cross country athletes.

**GLORY:** Winning is fun! In 2009 Falcon Cross Country teams were League Champions, Section Champions, and advanced to the California State Championships. We are favored to win the DVAL League championships

Check out complete information about the team at:  
[www.mdusd.k12.ca.us/collegepark/Track](http://www.mdusd.k12.ca.us/collegepark/Track)

# FALCON CROSS COUNTRY

## AWARDS CEREMONY

**TUESDAY, November 30, 2010**  
at 5:30pm in the CPHS Multi-Use Room

Awards to be presented include:

Letterman Certificates	Mileage Birds
Letterman Block CPs	Letterman Numerals
Most Improved Athlete	Letterman Gold CPs
Team Captains	Most Valuable Athlete
	Chuck Woolridge Award

ALSO: **Team Pictures** will be ready for you to pick up!

This is a "Pot-Luck" Dinner. Each athlete is responsible for bringing **2** specific items listed on the chart below. Bring four times as many portions of the items as there are members in your party. If you bring 4 people, you need to have at least 16 portions of each item.

### Last Names "A" through "C"

Entrées: Pasta, Pizza, Casserole,  
Etc. Beverage: Soda, juice, Etc.  
(bring cups)

### Last Names "D" through "H"

Beverage: Soda, Juice, Etc. (bring cups)  
Big Salad: Lettuce, Potato, Fruit, Etc.

### Last Names "I" through "P"

Entrées: Pasta, Pizza, Casserole, Etc.  
Dessert: Cookies, Brownies, Etc

### Last Names "Q" through "Z"

Entrées: Pasta, Pizza, Casserole,  
Etc. Beverage: Soda, Juice, Etc.  
(bring cups)

Please provide serving spoons for your dish!!!  
And don't forget to bring your own **UTENSILS & PLATES!**

# FALCON CROSS COUNTRY

## 2010 FEES

CPHS Sport Contribution Fee: \$100  
(made out to College Park High School)

MDUSD Transportation Fee: \$50  
(made out to MDUSD)

CPHS Team Fee: \$185  
(made out to CPHS Cross Country)

Total amount due by Tuesday August 31<sup>st</sup>): **\$335**

**MDUSD SPORT FEE:** In light of the recent budget cuts by MDUSD for high school athletics, the cost to maintain league competition in our district will need to be supplemented by the athletes. Each athlete is now asked to pay an MDUSD Sport fee contribution in addition to the Team Fee contribution already in place in order to continue with the sport. Please write three checks as the \$100 CPHS Contribution Sport Fee is tax deductible.

**CPHS TEAM FEE:** The College Park High School Cross Country Program Team fee contribution of \$185 will help cover the costs of seasonal expenses, including individual athlete team tee shirts, coach stipends, meet entry fees, administrative supplies, web site fees, invitational entry fees, equipment purchases and facility maintenance and improvement. The athlete contribution to our team account is essential for us to continue to provide the best possible practice and competition environment for the athletes!

Any funds the athlete raises through the Summer Mileage Training Fund-Raiser may be used to cover this contribution. For instance, if the athlete has raised \$75 from their fund-raising efforts, they only need to provide an additional \$110 to reach their Team Fee Contribution. Of course, the team/program would be are thrilled to accept any funding beyond the \$185 contribution minimum!

[www.mdusd.k12.ca.us/collegepark/Track](http://www.mdusd.k12.ca.us/collegepark/Track)

# FALCON CROSS COUNTRY

## • Purchasing Proper Running Shoes •

Even in the most casual of 30 minute workouts your feet may hit the ground forty-eight hundred times! And the force on impact can easily exceed several times your own body weight. So though shoes may be the last thing you think about, they are the first thing protecting you from a miserable season of chronic overuse injuries like shin splints, Achilles tendonitis, or plantar facia problems. If you plan on putting in the time to do Cross Country (about 170 hours over the course of a season), then take a moment to make an educated decision about your gear. Buying a pair of running shoes is not as simple as walking into Sports Authority or Big Five and finding your right size.

Go to a **RUNNING SPECIALTY STORE** and tell the sales person you need a quality shoe that fits your specific running characteristics. Have them examine your old shoes in order to evaluate your foot strike. Tell them about any chronic soreness or past injuries. And for goodness sakes, ask the salesperson questions! Ask them to watch you walk barefoot. Ask them to explain your foot strike. And don't forget to let them know you're on a competitive high school team.

You usually get what you pay for when it comes to running shoes. The top line running shoes sell for \$80 to \$120. But remember that this is the most important equipment you will purchase for the season. If you are going to economize, do it by purchasing inexpensive tee shirts, running shorts or other practice apparel, but whatever you do, **DO NOT COMPROMISE ON THE SHOES.** Avoiding a nasty thing like shin splints, or worse, a trip to the sports medicine clinic to get an MRI for a stress fracture, is well worth the extra cost you invested in the proper running shoes.

Be sure to try on several different shoes before a purchase. If possible take a run around the block to get a true feel for the support and fit. Keep in mind that everyone's feet are a little different. A shoe that is great for one person might not be right for another, so be picky! Make sure the sales person is knowledgeable about the sport and listen to their advice.

If you have the means, it is especially useful to purchase two pair of shoes at the same time. This will allow you to **ALTERNATE** shoes each day providing them time to dry out and decompress between uses. This makes the shoe more effective and increases its lifespan. Write the purchase date on the inside of the shoes arch as a reminder. Trainers tend to have on average 300 miles on them.

45 Crescent Drive,  
Pleasant Hill  
827-4772

**FLEET FEET**  
*Sports*

# FALCON CROSS COUNTRY

## • *Mandatory Equipment* •

**REQUIRED ITEMS:** The following items are required at all practices and competitions.

- Water Bottle
- Running Shoes (specifically fitted by running specialist)
- Running Shorts (**NO basketball or long shorts!**)
- Digital Watch with Split/Lap Time Capabilities

**RECOMMENDED ITEMS:** These items are not required, but recommended for serious athletes.

- Racing Flats

## Four Essential Elements for SUCCESS

**1. Health** –You can't run if you're not healthy. To be successful you must take care of your body!

**2. Consistency** –Improvement comes from training every day of the season AND the off-season!

**3. Progression** –Intensity & volume of training should increase each year that you run.

**4. Patience** –Stick with it through the ups and downs. Progress is made over the course of years, NOT weeks.

[www.mdusd.k12.ca.us/collegepark/Track](http://www.mdusd.k12.ca.us/collegepark/Track)

# FALCON CROSS COUNTRY

## TEAM FUNDRAISING EVENTS: Summer Mileage Fund-Raiser

Every athlete is responsible for helping to pay for the costs of a Cross Country season. A way to offset the CPHS Team Fee Contribution is to obtain sponsors to pledge per mile for your summer mileage. If you run 100 miles, at 10 cents per mile pledge from 10 sponsors, that's \$100! THIS IS EASY!!!

Athletes should print out the Summer Mileage Fund-Raiser pledge form along with their summer mileage journal. Athletes should immediately solicit sponsors to pledge a specific amount of money per mile that they run over the course of the summer. Some suggestions for finding sponsors are:

- Parents ask co-workers to sponsor you.
- Parents see if their company has a corporate sponsorship program.
- Go to businesses in the Pleasant Hill-Martinez area.
- Ask friends, neighbors, and distant relatives to sponsor you.

In any of these cases it is also acceptable for sponsors to give you a "lump sum" instead of a pledge per mile. **DO NOT ask your parents!!!** Your parents already pay for so many school related costs! Give them a break by using a little initiative and finding other sponsors.

All Summer Fund-Raiser money must be turned in by the end of the 2nd week of practice. Sponsors should make checks payable to: College Park High School Cross Country.

### E-Script

It is a very simple process that has the potential to raise thousands of dollars each year for our program!

Go Online to our website: <http://www.mdusd.k12.ca.us/collegepark/Track>

- Click on the "Cross Country" button at the bottom of the page.
- Click on the "Fund-Raiser" button on the left hand site menu.
- Read the e-Script explanation and directions.

Note our Group Name: "**College Park H.S. Cross Country Team**"

Note our Group ID#: **141548675**

- Click on the link to e-Script.com
- Follow the directions on their site to become an e-Script member and register your accounts! Ask other family members to join as well!

### Lafayette Art & Wine Festival Cleanup:

Sunday, September 19<sup>th</sup> 6-9pm

### Lafayette Reservoir Run:

Sunday, October 31<sup>st</sup> 7:30-10:30am

*The Most Successful Sport in CPHS History*

## FALCON CROSS COUNTRY

# Parent Involvement

Falcon Cross Country **DEPENDS** upon the involvement of parents who are interested in the success of their student-athletes. With your help we are able to maintain a safe and supportive environment in which every athlete has the opportunity to experience the rewards of our sport. Please do not hesitate to get involved!

I realize the pressures and time constraints that parents may have with work, as well as the myriad of responsibilities related to raising teenagers. Many of you are already actively involved in other aspects of your athlete's life. The sacrifice you make to take part in Falcon Cross Country, no matter what role you choose, will make a difference for these athletes.

### *Involvement Opportunities*

1. Volunteer to be a meet official (course monitor, chute monitor, tag taker, scorer, etc.) at any or all of our meets!
2. Volunteer to work the concession stand, at the Ed Sias Invitational on Saturday, **Sept. 11<sup>th</sup>**.
3. Volunteer to work, at the Ed Sias Invitational. Or, coordinate and purchase food and supplies for the concession stand at the Ed Sias Invitational.
4. Volunteer to help out at the Lafayette Team Fundraisers on **September 19<sup>th</sup>** and **October 31<sup>st</sup>**.
5. Help your student-athlete be safe and healthy. Good running shoes are a must. Eating the right foods, drinking lots of water, and getting enough sleep are essential. Help them make Cross Country a **PRIORITY** in their life.
6. Attend Awards Night on Tuesday, November 30<sup>th</sup> at 5:30pm in the multi-use room at CPHS.

[www.mdusd.k12.ca.us/collegepark/Track](http://www.mdusd.k12.ca.us/collegepark/Track)

## FALCON CROSS COUNTRY

### ATHLETE CHECK LIST

The following is a list of things to take care of before the season begins on **MONDAY, AUGUST 16, 2010**

- 1. **ATHLETIC CLEARANCE FORM.** Due 1st practice day. Athletes will not be allowed to practice with the team until a parent has filled out all information on this form, and obtained physician signature. This means making an appointment for a physical ASAP! Blank forms are available in the CPHS main office or online at [www.cphsboosters.com](http://www.cphsboosters.com).
- 2. **ELIGIBILITY.** Each grade report period. Athletes will not be allowed to compete as a member of the team without having achieved the minimum academic standard for interscholastic sport participation. This requires a 2.0 GPA for the most recent grading period. Incoming freshmen students must have a 2.0 GPA from their last quarter of 8th grade.
- 3. **SUMMER MILEAGE FUND-RAISER.** Pledge collection during 1st two weeks of practice. Athletes are expected to solicit sponsorship of the CPHS Cross Country Team based on summer pre-season training (see "Summer Mileage Fund-Raiser" sheet on the TEAM HANDBOOK PAGE of the team web site). These monies can be used to offset the athletes required team fees.
- 4. **GETTING IN SHAPE!** Athletes must show up to the first day of practice physically prepared! Consistent (5 to 6 days a week) running during the off season will make a huge difference for you during the competitive season. It is virtually impossible for an athlete to make significant progress without having run prior to the season. We just can't emphasize this enough! Get out and run at least 2 to 4 miles a day, 5 to 6 days a week during the entire summer!!!
- 5. **RUNNING CAMP.** (Optional) This is a 5 day camp for all athletes of all ability levels! It is July 26 – July 30th, and is a great way for teammates to gear up mentally & physically for the approaching season. If you are interested in going to running camp, please refer to their website at [www.runninaway.com/](http://www.runninaway.com/) for more information.

**IF YOU CAN ACCOMPLISH #1 THROUGH #5 ON THIS LIST BEFORE THE SEASON BEGINS YOU WILL BE SET TO HAVE A FUN AND SUCCESSFUL CROSS COUNTRY EXPERIENCE!**

REMEMBER: THE CROSS COUNTRY TEAM IS OPEN TO EVERYONE!

**THERE ARE NO CUTS!**

# FALCON CROSS COUNTRY



## Important Team Rules

**Consistent Practice Attendance:** Each athlete is expected to attend all practices. Every effort must be made to schedule time so that there are no conflicts with daily practice. If a valid reason for missing practice exists (illness or emergency), the athlete must notify the coach prior to the practice that will be missed. **MISSING PRACTICE WITHOUT PRIOR NOTIFICATION WILL RESULT IN SUSPENSION FROM COMPETITION.**

**Punctuality:** Each athlete is expected to arrive to practice and competitions on time and ready to run. **SECOND TIME LATE WILL RESULT IN CAMPUS CLEAN-UP. IF LATENESS BECOMES CHRONIC YOU WILL BE DROPPED FROM THE TEAM.**

**Practice Apparel:** Running shoes and sweat pants are required at practice. **FAILURE TO BRING THESE ITEMS WILL RESULT IN CAMPUS CLEAN-UP.**

**Uniforms:** Sweat top and bottom are to be worn at all competitions. Athletes are required to wear sweat top and bottom before and after racing. Do NOT wear uniform or sweats at school or for any other purpose. **WASHING INSTRUCTIONS:** Wash in cold, hang dry. Do NOT put in dryer!

**Conduct:** Falcon Cross Country Team members represent the premier athletic program at CPHS. They are representatives of the school and the community. Each athlete is responsible for continuing our tradition of exemplary conduct. Support your teammates, make a positive contribution to the sport, and act responsibly in every situation. Problems must be handled in a mature and rational manner. Communication with your coach is essential.

***Falcon Cross Country Athletes will be held accountable to these rules without exception!***

# FALCON CROSS COUNTRY

## DIVISIONS

There are 3 divisions of competition in High School Cross Country: **Varsity, Junior Varsity, and Frosh-Soph.**

The Falcon Cross Country Program places athletes in divisions based on the following criterion.

**Varsity:** The top 7 fastest athletes regardless of grade usually compete in this division. Invitational and post season competition limits team size to 7 runners. However, DVAL dual meet rules allow teams to run as many as 10 athletes in Varsity competition. Fielding more than 7 runners in Varsity competition is done at the discretion of the coach usually for the purpose of providing experience for future Varsity athletes, run-offs between athletes competing for a Varsity position, or as reward for exemplary conduct by veterans.

**Frosh-Soph:** This division is restricted to freshmen and sophomores only. The top 7 fastest Frosh or Soph athletes usually compete in this division. The exception to this would be if a freshman or sophomore were placed on Varsity. Invitational competition sometimes limits team size to 7 runners. However, most often there is no limit to number of entries in Frosh-Soph competition.

**Junior Varsity:** There are no grade restrictions or team size limitations for this division. However, a school must field a Varsity team consisting of their top 5 or more runners before a Junior Varsity team can be entered. Junior or Senior athletes not among the top 7 fastest on the team compete in this division. Freshmen or sophomores may also compete in this division, usually to provide better depth or to balance race fields.

## POST SEASON COMPETITION

**Varsity:** Complete Varsity teams automatically qualify for the DVAL Championship and NCS Championship meets. Varsity teams must finish 1st or 2nd, or achieve a team time standard at the NCS Championship meet to advance to the CIF Championships. The top 5 Individuals NOT on a qualifying team may advance from NCS to CIF competition if they finish in the top 12.

**Frosh-Soph & Junior Varsity:** Frosh-Soph and Junior Varsity teams automatically qualify for the DFAL Championship meet. These divisions are NOT contested at the NCS or CIF level.

## FINAL DVAL STANDINGS

Final season league standings for each division are determined by combining equally weighted results from regular season DVAL Tri-meet competition and those of the DVAL Championship meet. There are NO tie breakers.

# FALCON CROSS COUNTRY

## • Competition Rules •

### UNIFORMS

Cross Country competitors must wear school issued racing uniforms. Additional garments (spandex shorts or tights, short or long sleeve tops, athletic bras) must be solid WHITE and worn beneath the uniform.

**ALL Jewelry** items, including rings, nose or ear rings, necklaces, bobby pins, hair clips, bracelets, ARE **NOT ALLOWED IN COMPETITION!!!** However, watches may be used in competition.

### DISQUALIFICATION

Athletes may be disqualified for the following infractions:

- Uniform Violation
- Failure to follow directions of meet personnel
- Use of profanity
- Causing a competitor to break stride
- Impeding or interfering with a competitor
- Physical Contact with a competitor
- Failure to run designated courses
- "Purple hair"

### RACE DISTANCES

Varsity race distance for DVAL, NCS, and CIF competition is 3 miles or 5k. Scrimmages and Invitational meets sometimes vary, but are never less than 2 miles or longer than 5k.

Frosh-Soph and Junior Varsity race distance for DVAL is 2 miles. Invitational meets can vary from 3k to 2.4 miles.

### RACE SCORING

The top 7 finishers for each team are factored into the final team score. Teams with fewer than 5 competitors are incomplete and their finishers are deleted from scoring.

The summations of the top 5 finishing places for each team represent the team scores. The lowest score wins. In the event of a tie, the 6th finishing place for each team determines the winner.

Invitational and Championship competition is scored using team finishing places against entire race field. Tri-meet competition is scored head to head. Each team is scored against the other without the placeholders of additional teams.

# FALCON CROSS COUNTRY

## • Team Apparel •

College Park Cross Country athletes are required to wear team singlet, shorts, T-shirt and sweats at all competitions.

Team singlets and shorts are provided for the season at no charge. These items are high quality microfiber garments. Please care for them as follows: **WASH IN COLD. HANG DRY.** Failure to follow these instructions will result in color fade and screen print peel. Athletes will be charged replacement cost (\$50 per item) for lost or damaged garments.

New T-shirts are issued each year for the season and are paid for/included in the team fee. Black Asics team sweats are mandatory and matching jackets are also available for purchase. All items are ordered through the coach for discounted pricing. Also available for purchase are falcon spike /track bags at \$15 per bag.

Please make all checks out to "College Park High School" All due by August 31<sup>st</sup>.

- **Team T-Shirt: \$20**
- **Team Sweat Pants: \$60**  
**Matching Sweat Jacket (with embroidered logo): \$75**
- **Team Track Bags: \$15**

For athletes purchasing an additional Team T-Shirts (The cost of a shirt is included in the team fee) and/or Sweat Pants, these will be ordered on **September 1st!** These will be the athlete's to keep!!

These are the same purple sweats used for the Track & Field Team. If the athlete has already purchased pant for previous seasons there is no need to order again, unless a replacement or extra item is desired.

Falcon Cross Country and Track & Field plan to continue to use the same style of sweats this 2010-2011 school year.

# FALCON CROSS COUNTRY

## Athlete Hydration Needs

The fact is, by the time you actually feel thirsty your body has reached a water deficit that is significantly impairing your strength, speed, and endurance. The water gauge in your brain triggers the thirst sensation after it's too late to do much about it. This is a rare occasion when the athlete cannot depend on "feeling" to tell them how to respond to the body's needs. Unfortunately, proper hydration is extremely important for both short and long term success due to the body's total dependency on water in all of its functions.

*An athlete may sweat as much as two liters of water in a single hour!*

The normal non-athlete's body composition includes 60% water. Increased fitness results in a higher percentage of body mass

as water. As you get in shape you are replacing low water density fat (20-30% water) with high water density muscle fiber (70% water).

The cardiovascular system, an integral factor in endurance exercise, is also dependent on water. "Blood Plasma", the liquid part of the blood stream, is 90% water. This is the liquid that takes oxygen via blood cells and other fuels to muscle cells during activity. As dehydration progresses, blood thickens and becomes harder for the heart to pump, thus slowing down the muscle's fuel source.

In connection with the cardiovascular system, your body's temperature maintenance is directly dependent on water released by pores on the skin. An athlete may sweat as much as **2 liters** of water in a **single hour!**

This process of perspiration releases heat through water evaporation from the skin. But the heat must *first* be carried to the



skin by the blood stream. The capillaries nearest the surface are extremely small. The better hydrated and thinner the blood stream is the faster heat is moved through these tiny vessels to the surface. When dehydration progresses the blood thickens, and the body becomes un-able to release heat at the rate it is generated. This can lead to serious damage and even death.

The body also uses water as a lubricant to minimize friction. "Synovial Fluid" is a thick liquid encapsulated within the joints (e.g., knees, ankles, shoulders, knuckles.) that provides cushion

and lubrication between the moving tissue, cartilage, and bone. Without proper hydration, over a period of time this liquid could dissipate, causing discomfort and swelling from the repetitive motions of running.

Finally, it is important to realize that the metabolic processes of nutrient absorption, chemical reaction, and cell and tissue generation that form the basis of life use water as a primary medium. For these reasons it is vital that the athlete take seriously the need for adequate hydration at all times!

Because we lose water faster than it can be replaced (the digestive system can absorb about 1 liter per hour) during workouts and racing, it is a good idea to start out "hyper-hydrated". Take in fluids on a regular basis throughout the day. Don't wait until you feel thirsty. Instead, drink a glass or two every hour. Monitor your urine for "cleanness". If it's yellow you're probably not drinking enough water!

*Don't wait until you feel thirsty. Instead drink a glass or two every*

Immediately before, during, and after running try drinking **cold** water. Studies show that water at 40-50°F increases the motility of the stomach and is absorbed faster than warmer water.

And of course, avoid "diuretics" like caffeine (soda, tea, coffee) and alcohol which promote urine production and water loss.

[www.mdusd.k12.ca.us/collegepark/Track](http://www.mdusd.k12.ca.us/collegepark/Track)